

7 Stages of Trauma Bonding

1. Love Bombing

Excessively flatters and praises partner

2. Trust and Dependency

Does anything to gain the partner's trust and dependence

3. Criticism

Blames and criticizes partner to make them feel bad about themselves

4. Gaslighting

Manipulates the partner into thinking, "I am the crazy one"



5. Addiction

The partner gets emotionally addicted to the positive reinforcement that comes after abuse

6. Loss of Self

The partner loses their sense of self

7. Resignation & Submission

The partner gives in to avoid conflict and please their abuser

Continuous Trauma

C Cleary



Continuous Trauma:

Embracing the Melody of Appearance: An Emotional Symphony within **Continuous Trauma**

In a global eaten by screens and the ceaseless chatter of fast transmission, the melodic beauty and psychological symphony developed by the prepared term frequently fade in to the background, eclipsed by the persistent noise and disturbances that permeate our lives. But, located within the pages of **Continuous Trauma** a marvelous literary prize brimming with raw feelings, lies an immersive symphony waiting to be embraced. Crafted by an outstanding musician of language, this fascinating masterpiece conducts readers on a mental journey, well unraveling the hidden melodies and profound influence resonating within each cautiously constructed phrase. Within the depths with this emotional evaluation, we will discover the book is key harmonies, analyze its enthralling writing design, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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